

Facts4Life Activity Mat

Check In Activity

Think about your favourite book or comic or TV programme. Which of the characters would you most like as a friend and why?

Draw your chosen character and annotate it with the features that would make them a great friend.



Brilliant Bodies

Watch this Facts4Life video on Tooth Bugs then answer the questions.

<https://www.youtube.com/watch?v=ypuNyibCMXI&t=75s>

Where in your mouth do tooth bugs like to hang around and why?

What do tooth bugs feed on?

What do tooth bugs produce when they eat and what does this substance do to teeth?

What is the shiny white coating on teeth called?

How should we care for our teeth?

What effect do different foods and drinks have on tooth health?

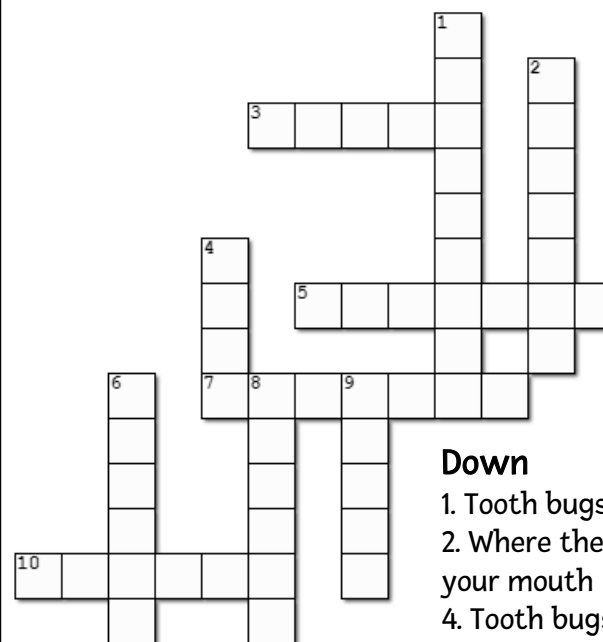
What are tooth caries?

Further Facts4Life research:

'Smoothing the path'. Create a top tips guide for tooth health. Include some advice on the foods and drinks that may be helpful or harmful for our teeth and gums.

COLOUR MY PATTERNS

Puzzle Time!



Across

3. Too much of this sweet stuff can be bad for us
5. Dental repair of tooth holes
7. The professional who helps to care for your teeth
10. This food neutralises the acids in your mouth

Down

1. Tooth bugs feed on food p.....
2. Where the bugs like to hang around in your mouth
4. Tooth bugs produce
6. Holes caused by decay
8. The shiny white tooth coating
9. Brush teeth a day



Connect

Catch up challenge! See if you can do each of the following:

1. Call someone you care about on the phone
2. Have a face to face chat with someone using a device
3. Have a real life meet up for a safely distanced chat or play

You might manage to do some of these things more than once.

Connecting with the people who matter to us is great for our emotional health and wellbeing.

For more activity ideas, visit <https://facts4life.org/for-parents-carers/>

